

# Chicken Masala Wrap

**Rating:** ★★★★★

**Cook time:** 20 minutes

**Makes:** 4 Servings

“My Nani (grandmother) cooks healthy and delicious Indian food for us whenever we visit. (I am Indian-American.) She inspires me to try different flavors, spices, and herbs in the food I eat,” says Emma. “Many of the ingredients found in Indian cooking are very healthy for our bodies, such as garlic, ginger, turmeric, and cumin. Also, Indian cooking uses a lot of vegetables that are good for you, such as tomatoes, onions, and peppers. I don’t like a lot of spice in my food, but I do like a lot of flavor!! My dish is a chicken masala wrap, paired with a refreshing raita and fresh mango slices.”

## Ingredients

- 1 sweet potato (peeled)
- 1 **tablespoon** vegetable oil
- 2 red, yellow, green, or orange bell peppers (seeded and sliced, 2 to 3 peppers)
- 1 medium tomato (chopped)
- 1 sweet onion (sliced)
- 1/2 **teaspoon** ginger paste (or 1 teaspoon freshly grated ginger)
- 1/3 **tablespoon** garlic paste (or 1 clove garlic, minced)
- 1/8 **teaspoon** crushed red pepper (or paprika)
- 1/4 **teaspoon** ground cumin
- 1/8 **teaspoon** ground cinnamon
- 1/8 **teaspoon** ground turmeric
- 1 **teaspoon** salt
- 1/4 **teaspoon** freshly ground black pepper
- 1/4 **cup** water
- 4 medium grilled or cooked boneless, skinless chicken breasts (thinly sliced)
- 1 **cup** plain nonfat yogurt
- 1/3 medium cucumber (peeled and grated)
- Fresh mint leaves for garnish (optional)
- 1 **cup** chopped lettuce
- 4 whole wheat tortillas (or flatbread, warmed)
- cup** Fresh mango slices (optional)



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	330	
Total Fat	8 g	12%
Protein	21 g	
Carbohydrates	42 g	14%
Dietary Fiber	6 g	24%
Saturated Fat	1 g	5%
Sodium	415 mg	17%

## MyPlate Food Groups

Vegetables	1 1/4 cups
Grains	1 1/2 ounces
Protein Foods	3 ounces
Dairy	1/4 cup

## Directions

1. In a medium sauté pan over moderate heat, warm the oil. Add the bell peppers, tomato, onion, ginger, garlic, crushed red pepper, cumin, cinnamon, turmeric, 1/2 teaspoon salt, and 1/8 teaspoon pepper and cook until slightly tender, about 10 minutes.
2. Add 3 tablespoons water and chicken and continue to cook for several more minutes.
3. In a medium bowl, make the raita by stirring together the yogurt, cucumber, and the remaining 1 tablespoon water. Sprinkle with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper and garnish with fresh mint leaves.
4. To serve: Place lettuce and a scoop of chicken masala mixture in the center of each tortilla or roll. Add a spoonful of the raita to each wrap, or serve it on the side, along with fresh mango slices.

## Notes

State: Maryland

Child Name: Emma Scielzo, 10

The Epicurious 2013 Healthy Lunchtime Challenge Cookbook